

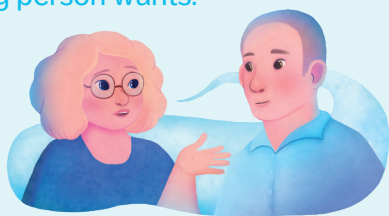
Surevan kohtaaminen

Interacting with the Bereaved



Treat the grieving person as an individual

Map the support network and need for support.
Ask what kind of support the grieving person wants.



Show compassion



It is important for the grieving person to know that you care. Listen and be present.

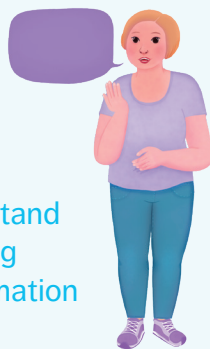
Give them your time

Allow enough time for meeting the bereaved.



Provide information

Talk in a direct and easy-to-understand manner. The grieving person needs information about what has happened, their grief and support options – also in writing.



Respect the grief

Loved ones have the right to grieve, no matter the situation. Do not try to diminish the grief or make your own interpretations. When talking about the deceased, use their name.



Refer them forward

It is good to make sure that the grieving person continues to receive support and is not left alone.



Surevan kohtaaminen program

The Surevan kohtaaminen program supports professionals who work with people who have lost a loved one.

The activities provide experience-based expertise and research-based information on grief and supporting the bereaved.

Drawing on experience

Trained experts by experience share their experiences of the loss of a loved one and provide listeners with information on how to support the bereaved.

Invite an expert by experience to speak at your event, for example, at your workplace or school, at surevankohtaaminen.fi/vierailu

Researched information on grief: surevankohtaaminen.fi

Check out the resource bank for information on grief, support services and how to support and comfort the bereaved in different situations.

The section on the bereaved in the workplace provides important information on supporting the bereaved at work.

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Facebook: Surevan kohtaaminen

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Contact us: hanke@surevankohtaaminen.fi

Surevan kohtaaminen program is a collaboration between the following grief associations:

Huoma – Henkirikoksen uhrien läheiset ry

(peer support for people who have lost a loved one to homicide),

Käpy Lapsikuolemaperheet ry (Child Death Families Finland Käpy ry),

Nuoret Lesket ry (peer support for young widows and widowers) and

Surunauha ry (peer support for people who have lost a loved one to suicide).